

# Help Your Child Survive (or Stop) Bullying

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**A bully is someone who intimidates and humiliates another child to cause that child pain. Bullying includes name calling, making threats, physical or emotional abuse, and spreading rumors about another person.**

*You can help prevent your child from being bullied or becoming a bully by following these tips:*

Talk with your child about his day and listen carefully if he consistently talks about one or two children who mistreat others.

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Teach your child to treat others with respect. Your child learns by watching how you treat others.

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Teach your child not to hit, push, tease or say mean things to other people. Instead, teach your child to be kind and to share with others.

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Help your child's school address the issue of bullying by requesting programs that help students establish healthy social relationships.